

Q. What are ‘gaps’ in healthcare?

A. Suppose you have high blood pressure. National guidelines define that your pressure should be below 120 / 80. If it is not, this is a gap in your care.

Another example – if you are over 25 years of age and did not have your cholesterol checked or if it is not properly controlled this is a gap in your care.

If you a woman who is say 55 years of age and did not have a mammogram for the past two years this is a gap in your care.

If you are over 50 and did not have a colonoscopy in the last 5 years this is a gap in your care.